

Statistics Report 09436, Mango nectar, canned
Report Date: June 30, 2017 14:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	86.63	2	--	86.39	86.87	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Energy	kcal	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	212	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein 1	g	0.11	2	--	0.09	0.12	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Total lipid (fat) 1	g	0.06	2	--	0.06	0.06	--	--	--	1	Analytical or derived from analytical	--	06/2006
Ash 1	g	0.08	2	--	0.06	0.1	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Carbohydrate, by difference	g	13.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary 1	g	0.3	2	--	0.3	0.4	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Sugars, total 1	g	12.45	2	--	12.06	12.84	1.0	--	--	1	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	1.02	2	--	0.26	1.78	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Glucose (dextrose) 1	g	5.31	2	--	5.21	5.41	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Fructose 1	g	5.56	2	--	5.07	6.05	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Maltose 1	g	0.56	2	--	0	1.12	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Galactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Minerals													
Calcium, Ca 1	mg	17	2	--	9	24	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Iron, Fe 1	mg	0.36	2	--	0.36	0.36	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Magnesium, Mg 1	mg	3	2	--	2	4	1.0	--	--	1	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	2	2	--	2	2	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Potassium, K 1	mg	24	2	--	23	26	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Sodium, Na 1	mg	5	2	--	2	8	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Zinc, Zn 1	mg	0.02	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Copper, Cu 1	mg	0.015	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2006
Manganese, Mn 1	mg	0.028	2	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
Vitamins													
Vitamin C, total ascorbic acid 1	mg	15.2	3	4.624	6	20.3	2.0	-4.662	35.128	1	Analytical or derived from analytical	--	11/2006
Thiamin 1	mg	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Riboflavin 1	mg	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	0.080	2	--	0.07	0.09	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Pantothenic acid 1	mg	0.070	2	--	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin B-6 1	mg	0.015	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Folate, total 1	µg	7	2	--	5	9	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Folate, food 1	µg	7	2	--	5	9	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2008
Choline, total 1	mg	1.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine 1	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin A, RAE	µg	35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Carotene, beta 1	µg	402	2	--	328	476	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Carotene, alpha 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Cryptoxanthin, beta 1	µg	26	2	--	23	29	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin A, IU	IU	692	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Lycopene 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Lutein + zeaxanthin 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Vitamin E (alpha-tocopherol) 1	mg	0.21	2	--	0.21	0.21	--	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Tocopherol, gamma 1	mg	0.02	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ↓	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin K (phylloquinone) ↓	µg	0.8	2	--	0.8	0.9	1.0	--	--	1	Analytical or derived from analytical	--	06/2006
Lipids													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
14:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
16:0	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
18:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
Fatty acids, total monounsaturated	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
16:1 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
Fatty acids, total polyunsaturated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
18:2 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
18:3 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09176	03/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8e, 2004 Beltsville MD